My Exercise Club Record

Name: _____   **Date started exercising this quarter:** _____

Date	Workout time	Date	Workout time	Date	Workout time
July 1		August 1		September 1	
July 2		August 2		September 2	
July 3		August 3		September 3	
July 4		August 4		September 4	
July 5		August 5		September 5	
July 6		August 6		September 6	
July 7		August 7		September 7	
July 8		August 8		September 8	
July 9		August 9		September 9	
July 10		August 10		September 10	
July 11		August 11		September 11	
July 12		August 12		September 12	
July 13		August 13		September 13	
July 14		August 14		September 14	
July 15		August 15		September 15	
July 16		August 16		September 16	
July 17		August 17		September 17	
July 18		August 18		September 18	
July 19		August 19		September 19	
July 20		August 20		September 20	
July 21		August 21		September 21	
July 22		August 22		September 22	
July 23		August 23		September 23	
July 24		August 24		September 24	
July 25		August 25		September 25	
July 26		August 26		September 26	
July 27		August 27		September 27	
July 28		August 28		September 28	
July 29		August 29		September 29	
July 30		August 30		September 30	
July 31		August 31			

Turn in your record to HR at the end of each quarter for points award.

3rd Quarter, July - September, 2015

Working On Wellness